

A COURSE IN  
**Business** *Miracles*®  
Mentoring For Highly Sensitive Entrepreneurs

**A Course In Business Miracles Podcast  
Episode 52**

**Shifting Out of Your HSE Shadows**

*Transcript*

Welcome to A Course In Business Miracles. This is Heather Dominick, creator of [www.BusinessMiracles.com](http://www.BusinessMiracles.com) and founder and leader of the Highly Sensitive Entrepreneur movement since 2010. Join me today for some genuine practical assistance and a business altering and life changing experience, A Business Miracle.

This is a course in Business Miracles, episode number 52, Shifting out of your HSE Shadows. Listen in to learn how to first identify the HSE Shadows that are working against you in your business and then how to shift back into your HSE Strengths so that your business and all those you serve are able to benefit.

Today's training is all about managing your HSE Shadows as a Core Practice. In order to look at managing your HSE Shadows as a Core Practice, let's first have a refresher and a review about HSE Shadows. I recommend that you write these down and we are looking at the twelve primary Highly Sensitive Entrepreneur Shadows. These are traits, characteristics, habitual ways of behaving that are usually triggered by internal or external circumstances or a combination of both and they are the result of our beautiful, amazing, Highly Sensitive Entrepreneur abilities when they are sort of twisted and turned and actually set to work against us rather than the ways that are amazing, incredible, Highly Sensitive Entrepreneur traits can work for us.

Let's write these down. Top twelve HSE Shadows; 1 perfectionism, 2 procrastination, 3 overwhelm, 4 overwork or pushing, 5 over protection or hiding, 6 analysis paralysis, 7 shame, 8 people pleasing, 9 self critical, 10 judge, judgmental of self, 11 judgmental of others, and 12 digestive or overall health issues. Deep breath in and let it out.

First and foremost when we look at these twelve shadows, these twelve HSE Shadows, the first thing is we refer to them as shadows because it can become very easy to ignore that these traits are active and in our lives and operating in our lives, operating in our businesses. What is the best way to shift a shadow? To shine the through every moment when we are willing to be impersonal and energetic responsibility and be willing as a result to look at our shadows.

On a good day we investigate them from a place of curiosity. We investigate them from a place of being a personal witness and we investigate them from a space of being willing to learn what they are here to teach us. On a not so good day well, those are the days when we are on autopilot. Those are the days when we are being triggered. Those are the days when we are reacting

instead of responding and those are the days when we are most likely living in the past rather than operating in the present.

Hopefully already you can begin to get a sense of why it is important to manage our shadows, but let's also look at what is a part of these shadows and those are the two primary coping mechanisms for HSEs which is either pushing or hiding. When we are not managing our shadows, then most likely we are easily triggered by again internal or external circumstances and we are easily triggered into our coping mechanisms, whatever is dominant for each one of us.

Whether we dominantly turn towards pushing as a way of coping and just as a reminder when pushing is your HSE coping mechanism, a way of "handling" or trying to handle your shadows, that's when we look around and we see and feel how we are different as part of the 20% of the global population that is born is highly sensitive. We look at what the other 80% is doing. We tell ourselves the story or operate from the limiting belief that we have to be like the other 80% in order to have what we want so we will push ourselves to do exactly that. We need to push ourselves because what the other 80% experiences naturally comes at a high cost for us when you are an HSE pusher.

When you are an HSE hider, when your coping mechanism is to hide that is typically the experience of looking around, seeing the other 80%, becoming instantly overwhelmed or somehow triggered into another HSE Shadow, and it just feels way too much so we find lots of ways to not show up in our business and our life. Lots of ways to distract, lots of ways to disconnect, lots of ways to sometimes even disassociate so that we're not really fully here in our life but we are just looking for constant ways to protect ourselves.

Whether your coping mechanism is to push or to hide or the third option which I refer to as a combo platter which is you vacillate back and forth between the two; whether it's option one, two or three, neither or I should say any of those three options serves you for your best interest in your business or in your life.

It is way to barely exist through your life. It is a way to show up but to not really be seen and the coping mechanism again whether it's push or hide or combo platter, typically results from two primary motivations. One is to avoid being humiliated and two is to avoid being hurt and really one is just a symptom of two.

Most likely for each and every one of us we've had some experience at some point as a person who's highly sensitive where we did feel humiliated because of our highly sensitive abilities or we felt hurt as a result of our highly sensitive abilities, and so we develop these coping mechanisms as a way to keep that from ever happening again and most likely it was an unconscious choice.

Now that you have found your way to learning how to use your highly sensitive abilities to support you in having a financially successful and profitable business, it is time to become conscious. One of the most effective ways that we can do that as Highly Sensitive Entrepreneurs is to manage our shadows.

Let's look at how we go about doing that. Step number 1 and let's write this down. Step number 1 is to simply become aware, right? Now this should not come as a surprise because awareness is the first step of AUK, A-U-K, the process of transformation that I teach. A-standing for awareness, U-standing for understanding, and K-for knowing. We move through that process of transformation by making choices and taking action. Managing our HSE Shadows step number 1 is being aware of where and when our HSE Shadows are being triggered and playing themselves out.

I recommend that first you take a moment to acknowledge or get clear for yourself about what are your top three HSE Shadows at this point in time because most likely as you go through the process of conscious transformation and specifically around your shadows, your top three will shift and change.

Now let's take a moment to also acknowledge and recognize that the twelve HSE Shadows, the twelve primary HSE Shadows have ripple shadows let's say. Maybe they all have baby shadows right? Ways that shadows can join together and create a whole another type of characteristic or way of reacting and coping.

For example, you might have a combination of perfectionism and overwork and how that might show up when perfectionism joins over work is then over exhaustion. Or perhaps you have a combination of self critical, being self critical which is really that ego voice. It's that voice that's literally talking to you inside your head and telling you how wrong you are, how you can't do things good enough, how you're not enough.

Maybe self critical joins with people pleasing. Then maybe that ripples out into really having a sense of over care taking or over responsibility where you're just constantly, all of your actions are from a place of trying to please other people and to quiet that internal ego voice. As a result then you feel very disconnected and you can see how they can sort of pair up or triple up and manifest in ways that can become very elusive or difficult to identify.

That is why step 1 is simply about being aware because again, for all of us these are behaviors that most likely have developed over a good amount of time. The way that you can become aware is first of all by listening to this and then secondly being aware of the primary twelve, and then beginning to watch and track your own behavior.

One of the things that I like to say is our best meter or indicator is actually right within us. If you think, gosh I have no idea. I mean just like you said Heather. These are unconscious habits. I don't know when I'm in over work until suddenly I'm in over exhaustion. This is a process of beginning to turn inward rather than outward to get a sense of what's going on.

Rather than looking externally for am I doing a good job, am I not doing a good job, am I on track here, am I not on track here, is we turn inward. When we turn inward then we begin to, or are able to begin to, recognize our HSE Shadows because of how we feel. Let's write that down. This is where your HSE Strengths come into play because you are as a Highly Sensitive Entrepreneur, you are a deep thinker. You are a deep feeler.

When you allow yourself to truly feel and you feel that maybe you're feeling anxious or maybe you're feeling a sense of worry, or you're feeling fear, or maybe you're having physical symptoms. Your stomach feels like a little nauseous. Your heart or chest feels tight, or maybe your mind, your head actually aches. Those are all indicators. That's your internal meter asking you, sometimes begging you, to pay attention.

When you start to feel bad, not good, off, again whether it's emotional or physical, rather than continuing the reaction and maybe trying to soothe yourself the way that you have previously whether that's through food, or drink, or TV, or gathering information, or reading, or taking care of others, or however it is that shows up for you; but the minute you're not feeling good that you pause.

The first thing I recommend at that moment is that then you give thanks. Oh, thank you, thank you instrument that is my body for talking to me.

Okay, now let me do a little bit of self inquiry here. What is happening? Why am I feeling this way? If self inquiry feels difficult just between you and you, you can always take pen to paper. Take a moment. Even journal it out or put together an OFTU to help yourself get clear.

That is step number 1, becoming aware. As you begin to watch and witness where you're triggered, how your HSE Shadows are activated, then you can move on to step number 2.

Step number 2 is to become proactive. If you begin to recognize through awareness that you gravitate towards pushing or hiding, over work or over protection for example, if you become aware that you walk around with a sense of shame consistently, if you recognize that you tend towards perfectionism or procrastination, then you can become proactive. The best way to become proactive is through consistent energy management.

Let's take perfectionism as an example. If you again, through step 1 of awareness begin to get clear that you tend towards perfectionism as a dominant HSE Shadow then before taking on business tasks that are likely to trigger that HSE Shadow, you can turn specifically to energy management beforehand bringing a sense of managing perfectionism into your daily consistent energy management as well as bringing that into particular situation energy management.

For example daily might be where you're scripting. You're scripting your day and so you literally proactively say that maybe in your scripting is that I'm very open to how putting my newsletter together takes place. I'm willing to be fully in my HSE Strengths creativity and to just allow that to lead the way. I have no response or even reaction to anyone who writes me and perhaps criticizes anything about my newsletter. I am here to experience that my newsletter is about joy. It's about education. It's about allowing others to really benefit from my area of expertise. That would be part of how you would become proactive with managing perfectionism as an HSE Shadow in daily consistent energy management.

Particular situation energy management might be maybe before you connect for a presentation whether offline or online, until you put together an OFTU and in that OFTU you specifically address the HSE Shadow of perfectionism. You get the idea and that's how you're proactive. Step number 1 awareness and then step number 2 once we have the awareness, being proactive with managing that HSE Shadow, and then step number 3.

Step number 3 is about willingness to take action anyway, and let's write that down. Step number 1 awareness, step number 2 being proactive, and step number 3 being willing to take action anyway. What this is about is this is to debunk the limiting belief that as highly sensitives we need to be fixed and as part of that debunking, the limiting belief that our HSE Shadows are bad and to instead be able to recognize that really all we're engaging in is a retraining. A retraining of the mind which is exactly the foundation of a course in miracles.

It only makes sense that it's a foundation of also a course in business miracles. We're retraining the mind. We're retraining the mind in terms of how we perceive ourselves, our highly sensitive traits and abilities, and the ways that we respond to our highly sensitive traits and abilities as we exist throughout the world.

With step number 3 being willing to take action anyway, we are able to acknowledge that our relationship let's say with our HSE Shadows is a process. Let's write that down. Very early on in my work as a coach and mentor, I developed a teaching that I refer to as the myth of arrival. This was even before I understood that I was highly sensitive, but I stand by that teaching to this day. Where that teaching came from was my own connection to the HSE Shadow of perfectionism which I just didn't realize that connection at the time.

The myth of arrival is exactly that. There is no arrival when it comes to being self-employed. There's no end zone. There's no final exam that you get to pass or fail. There's no time when you're "cured" from your highly sensitive traits, and not even a moment when you're cured from your highly sensitive shadows. That's not even our end goal. The end goal is to shift the way we relate to the shadows. It's to shift our perception of our shadows. It's a business miracle.

We aim to come to a place where that which has triggered us in the past triggers us no more. We aim to come to a place where at one time we would cope through pushing or hiding, but we come to a place where we don't push nearly half as much or hide nearly half as much. We come to a place where we can recognize that we don't need to push or need to hide in order to "survive".

Instead we can not only see and feel, but we can believe and we can know that our HSE Strengths are not only here to serve us in our business and our life, but that they are a gift. They are something to celebrate. They are

something to claim. Then that's how we become present. That's how and when we are in our business in all of its gooeyness. We're in our life in all of its unpredictability with all of its ups and downs, and twists and turns, and sideways and other ways.

There's a beautiful teaching in a course in miracles that says, "The winds and the rains will always come but the question is, is your house built on rock or is it built on sand? And if it's built on sand, then you will be impacted by the winds and rains, but if your house is built on rock, you will not be impacted by the winds and the rains."

The idea is never to stop it from winding and raining, and it's never to stop our HSE Shadows, but it's to shift how we relate to them and it's to shift who's in charge. Who's running your business? Is it you or is it your shadows? You will be much more financially profitable when you choose you. We do that by step 1 becoming aware, step 2 becoming proactive, and step 3 being willing to take action anyway

Thank you for listening and I hope you enjoyed this episode of A Course In Business Miracles. If you're ready to learn how to use your highly sensitive abilities to support your in being purposeful, profitable and empowered rather than scattered, poor and undervalued, take my free self quiz to find out if you are indeed a Highly Sensitive Entrepreneur. And if you are, along with your quiz results, you'll receive my free HSE Success Guide, which will teach you how to have your highly sensitive abilities working for you to create the results you desire in your business.

Take the quiz and receive you free success guide now at [www.HSEQuiz.com](http://www.HSEQuiz.com).

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